

# OCTOBER 2023

## Unatego Elementary Breakfast

Breakfast and Lunch will be served at NO  
COST to students for the 23/24 school year!

### Monday

Frudel **2**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Columbus Day **9**  
No School

Pillsbury Breakfast **16**  
Bar  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Pancakes **23**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Waffles **30**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

### Tuesday

Cheese Omelet **3**  
W/ ½ Bagel  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Mini-Waffles **10**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Pizza **17**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Scrambled Eggs **24**  
w/ ½ Bagel  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

"Candy Corn" Parfait **31**  
Bananas, Oranges, Vanilla  
Yogurt & Granola  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

### Wednesday

Blueberry Croissant **4**  
Casserole  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Cinni-Minis **11**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Breakfast on a Stick **18**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Apple Nachos **25**  
W/Yogurt, Berries, & Granola  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

### Thursday

Yogurt & Pop Tart **5**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Muffins **12**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Yogurt & Muffin **19**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

**National Pumpkin Day** **26**  
Pumpkin Overnight  
Oats  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

### Friday

**6**  
Staff Development Day  
No School

Breakfast Sandwich **13**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Sandwich **20**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Sandwich **27**  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

**Available Daily:** Assorted Cereal, Assorted Cereal w/ ½ Bagel, Bagel w/ Cream  
Cheese,

(Pop Tart and Smoothies – MS/HS only)

**Milk Choices:** 1% White, FF Chocolate